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### Snitch for scratch?

App would let you send in a photo of an illegally parked car for cash **PAGE 4**

### Best bets for dad's day

Gift ideas from sports and BBQ gear to the latest gadgets **PAGES 21-30**

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# Bombers and traffic — both awful at IGF

Fans spent most of the first quarter getting to their seats after abysmal traffic and transit delays. In the end, the Bombers lost 24-6, but most fans had already left to avoid the same traffic nightmare. **SEE GAME STORY ON PAGE 36**

JOHN WOODS/THE CANADIAN PRESS

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# 'It sounded like a giant fish in a bowl'

**Nutty surprise.** Squirrel pops out of St. James woman's toilet, rescued with barbecue tongs



**BERNICE PONTANILLA**

bernice.pontanilla@metronews.ca

A St. James couple got quite the squirrelly scare early Wednesday morning when they heard an animal thrashing about in their bathroom toilet.

It turned out to be a cold, wet, filthy squirrel that was trying to get out at about 7 a.m., said Angela Campbell.

"At first I thought it was a rat. I was more in shock, I wasn't necessarily afraid," said Campbell Wednesday afternoon.

"It sounded like a giant fish in a bowl.... The poor thing, I don't know how it survived."

Campbell said she and her partner had noticed their two dogs "bothered by something" since 5 a.m., but it wasn't until they heard the ruckus in the bathroom that they found out why.

She used barbecue tongs to get the squirrel out of the toi-

let and into the tub, then took it outside on the deck, where she washed it with small buckets of water.

"It did not make a fuss as it was too weak," said Campbell, adding that another squirrel came up the deck stairs aggressively and then climbed up one of the home's outdoor walls.

At this point, Campbell wisely made her way back indoors, while the toilet squirrel made its way to a spot on the fence with sunlight. It looked like it was OK.

Campbell said the city's water and waste department is currently doing repair work on her street and believes the critter may have gotten in through a pipe.

However, she said some of her co-workers have mentioned other possibilities, including that the squirrel got into the pipes from the vent stack in the roof.

Over her lunch hour, Campbell went home from work to check on her dogs and the house.

"Before I lifted the toilet seat, I was tapping on the bowl" in case there was something in there, she added with a laugh.



Angela Campbell says she doesn't know how the squirrel managed to survive before popping up — alive — out of her toilet on Wednesday morning. CONTRIBUTED/ANGELA CAMPBELL

## Province matches city for road repairs near Polo Park



Premier Greg Selinger speaks to reporters on Wednesday.

SHANE GIBSON/METRO

The Province of Manitoba and the City of Winnipeg are holding hands and playing nice to help pay for much-needed road upgrades and repairs in and around the Polo Park area.

Premier Greg Selinger announced Wednesday the province will match the \$20 million already promised by the city for the estimated \$40 million in work, including extending St. Matthews Avenue through St. James Street to

Madison Street.

"This is an extremely busy area," said Selinger at a press conference held in the parking lot at Canad Inns Polo Park. "It'll make a big difference in the ability of people to move safely and efficiently through this neighbourhood."

The already busy commercial area has seen major expansion of retail businesses over the last few years and traffic is expected to get even

### Quoted

**"We've been waiting for something like this."**

Canad Inns president and owner Leo Ledohowski, adding his hotel and adjacent retail site alone brings as many as 3,000 cars a day to the area.

more congested with a major commercial development set to rise up out of the ashes of the old Canad Inns Stadium site.

As well as the road extension, the work includes improvements to St. Matthews Avenue between Empress Street and St. James Street, and upgrades at the intersections of St. James Street and St. Matthews Avenue and St. James Street and Ellice Avenue.

Construction is expected to start in 2014 following a public information session scheduled for September.

SHANE GIBSON/METRO

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1 NEWS

## Public safety. Downtown getting cadet patrols for the coming decade

After months of negotiations, the City of Winnipeg and Downtown BIZ have forged a 10-year agreement to provide cadets to the heart of the city.

The agreement for the Downtown Cadet Patrol Program was approved at Wednesday's executive policy committee meeting.

Coun. Scott Fielding (St. James-Brooklands), chair of the protection and community services committee, and Stefano Grande, executive director of Downtown Winnipeg BIZ, called it a "win-win" situation.

"It's a step forward in terms of safety. It guarantees that we'll have a downtown cadet service, certain hours and certain amount of cadets, for the next 10 years," Fielding said after the EPC meeting.

"We worked hard with the BIZ to establish this. It's a program that's been phenomenally successful, in terms of promoting safety

### Public interest

**"It's a step forward in terms of safety."**

Coun. Scott Fielding on providing police cadets to patrol downtown.

in our downtown."

The two parties had been negotiating a formal funding agreement since January for the program, which until last year was known as the BIZ's Downtown Outreach program, before police cadets took over the duties.

Talks stalled on the length of the agreement, with the city aiming for a contract in perpetuity and the BIZ wanting an end date.

While the memorandum was not made public, the previous agreement saw Downtown Winnipeg BIZ pay a yearly \$100,000 for the cadet service.

BERNICE PONTANILLA/METRO



The city and Downtown BIZ had been in talks since January for cadet patrolling in the downtown core. BERNICE PONTANILLA/METRO

## 1,000 vehicles damaged. Provincial insurer pelted by hail claims

The severe storm that tracked over Winnipeg and southern Manitoba on Monday has been keeping Manitoba Public Insurance busy.

The insurer said nearly 1,000 hail claims had been opened for damaged vehicles by Wednesday morning.

To help process the high number of claims, MPI is

dedicating its Bison Service Centre at 15 Barnes St. as "hail only" starting on Thursday. **METRO**

### Call ahead

To book an appointment at the special hail centre, call 204-985-7000.



The new SpotSquad app could unleash a horde of bounty hunters out to get a cut of the fine from your parking ticket. SHANE GIBSON/METRO

# Parking-snitch app pays you to help The Man

**SpotSquad.** Developed in Winnipeg, app would let people nab illegal parkers, get cut of fine

Some entrepreneurial Winnipegers are set to unleash an army of bounty hunters keen on nabbing people who park in disabled parking spots without a permit or in front of a fire hydrant.

All that would be needed is a smartphone and the "SpotSquad" app.

Co-founder Chris Johnson says he and his partners haven't signed any agreements to give informants a percentage of any ticket fines, but he adds that some private parking-lot operators are interested. He says while many people

### Could violate charter rights

## App raises privacy concerns

Winnipeg lawyer Brian Bowman said the app could open up a legal minefield. It's unclear if charter rights would apply or whether a person taking a photograph would be bound by the same privacy laws as public-sector workers, he said.

say they would never snitch on a fellow driver, he expects they would, in private, jump at the chance to make a few bucks while cracking down on inconsiderate parkers.

Just because a car is parked in a public place doesn't mean the driver can't expect some privacy rights, Bowman suggested.

"It's a novel way of dealing with something that annoys a lot of drivers," he said. "I'd say make sure they do their due diligence from a privacy perspective, so when they do go live, they're not being challenged from a privacy perspective."

THE CANADIAN PRESS

The app would allow people to snap a picture of a parking violation and send the photo to police, private-parking operators or city wardens. A parking warden could then be dis-

patched to issue a ticket.

If a ticket resulted in a fine, under the plan, informants would get a cut deposited into their bank accounts or have the cash directed to their favourite charity.

"If you can snap a picture and make \$8, who's not going to do that?" Johnson said on Tuesday.

"People look at it the wrong way, like we're building an army of snitches. But if you look at it the right way, just don't park illegally and we won't have a problem."

Johnson said his app benefits everyone: from the parking authority, which generates more revenue by collecting more fines, to other drivers who don't have to contend with inconsiderate parking that might clog traffic.

THE CANADIAN PRESS

## June dates for budget consultations 'adequate': Katz

There is "sufficient time" for Winnipeggers to participate in consultations on next year's municipal budget, Mayor Sam Katz says.

The consultation process has been criticized for how soon the public workshops are happening — from June 18 to 27 — and where they are to be held, all in suburban areas.

"It's really unfortunate, I'll

use that word, that regardless what positive plans you come up with, and do something that's never been done before, there are going to be people who complain," Katz said after Wednesday's executive policy committee meeting.

"I believe there is definitely sufficient time, when you look at the provincial budget. We're just in a whole different world of giving people the

adequate time to comment, to make presentation through delegations."

Coun. Jenny Gerbasi said in an email to her constituents that many of her concerns were not addressed.

"You may notice that not a single one of the public workshops is in the downtown, shoulder neighbourhoods or inner city areas of the city," she wrote, adding

that, despite the drawbacks, she hopes many citizens participate.

"This setup appears to cater to the convenience of more suburban areas and makes it more challenging for residents of the inner city and downtown to participate."

Katz said her criticism was fair. "That's a valid point and I think that should be looked into." **BERNICE PONTANILLA/METRO**





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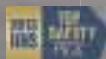
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# Exchange District getting jazzed up

The Exchange District is hereby renamed the "Jazz District."

The 2013 Winnipeg International Jazz Festival kicks off Thursday night with four days of free programming at Old Market Square, with the theatre and club series starting on Monday and continuing until June 23.

This year's festival — which features 90 local, Canadian and international acts, including legendary hip hop crew The Roots — is the most concentrated event yet.

The aforementioned Jazz District features five venues — Rachel Browne Theatre, Cinematheque, Winnipeg Free Press News Café, King's Head Pub and the new Cube Lounge — all operating simultaneously within a two block radius.

"We're really trying to enhance that festival vibe, get people doing a pub crawl and improving the overall experience of the festival," Paul Nolin, Jazz Winnipeg executive



George Benson plays the Burton Cummings Theatre on June 23.

HANDOUT/METRO

producer, says. "We're trying to encourage people to come out and try new and different music and if what they find isn't up their alley, they just have to walk two minutes to find something else."

In addition to the Jazz District, there are club shows at

## More info

For the full festival schedule, plus artist, venue and ticket information, go to [jazzwinnipeg.com](http://jazzwinnipeg.com).

the Pyramid Cabaret and Times Change(d), as well as a theatre series at the West End Cultural Centre, Burton Cummings Theatre and Centennial Concert Hall.

Nolin says you can't go wrong with any Jazz Fest show, but one can't miss is 10-time Grammy Award-winning guitarist George Benson, performing June 23 at the Burt.

"The guy's been playing for more than 50 years," Nolin says. "He might not get all the credit he deserves in jazz circles because he's gone a little smooth ... but man, the guy is hardcore, a great player and a great entertainer."

JARED STORY/METRO



300 Years of Beer: An Illustrated History of Brewing in Manitoba authors Bill Wright, left, and Dave Craig. CONTRIBUTED/METRO

# Crack open the Man. beer bible

In the beginning, we were sober.

Self-proclaimed beer geeks write the book on province's storied brewing history



SHANE GIBSON

[shane.gibson@metronews.ca](mailto:shane.gibson@metronews.ca)

Two local brew aficionados have written what very well might be the best book for cracking open along with a cooler full of cold ones at the lake this summer.

Bill Wright and Dave Craig's newly-released book, 300 Years of Beer: An Illustrated History of Brewing in Manitoba, delivers exactly what its title promises: a complete look back over

our province's love affair with beer.

"It starts off 300 years ago when they started brewing beer at York factory ... and our last chapter is on the micro-breweries scene today," explained Wright, who has worked in the local beer industry for the last 35 years. "We have a colourful past with beer with colourful people, and the book is just full of neat little snippets of history and things that people don't know."

As well as Winnipeg breweries, the book looks at the breweries that popped up across the province, and includes biographies on Manitoba's first beer barons: E.L. Drewry and Patrick Shea.

In all, the 224-page book took Craig and Wright about six years to research and write, and Wright said it also includes barrels and barrels of historical

## Hops history

Manitoba had a prohibition on alcohol from 1916-1923, but local breweries were still allowed to make beer as long as they sold in other jurisdictions.

photographs.

"Oh yeah, there's about 400 pictures in it," laughed Wright. "There's historical pictures of the breweries that were here, historical ads, colour period ads, and lots of pictures of old bottles and old labels from breweries that people have never heard of before."

300 Years of Beer: An Illustrated History of Brewing in Manitoba is published by Great Plains Publications and is available now at local bookstores.

## Dry fall, harsh winter

### Manitoba's 2013 beehive losses hit 'catastrophic' high

Beekeepers in Manitoba are getting caught in a sticky situation this spring.

The province says this year's hive losses are already higher than in 2011, one of the worst years on record.

Provincial apiarist Rheel Lafreniere says they're still waiting for some of the major producers to send in their numbers.

But overall, the expecta-

tion is for about 40 per cent in losses.

Lafreniere blames disease, last year's dry fall and this year's harsh winter.

He says many of the hives didn't survive, and those that did are extremely weak.

"That makes splitting the hives to make up for losses very difficult," Lafreniere said.

One bee farmer in Starbuck, Man., says he started with 1,200 hives and lost nearly 50 per cent this spring.

"It's devastating, safe to say these losses are catastrophic," said Phil Veldhuis.

"I estimate if I were to try and replace these it would



Manitoba beekeepers say the harsh winter hurt bee colonies provincewide. GETTY IMAGES

cost between \$100,000 and \$150,000 and I just can't keep doing that."

THE CANADIAN PRESS

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Pte. Glen Kirkland, in wheelchair, one of five soldiers injured in a direct fire explosion, attends a ceremony for fallen comrades in Kandahar on Sept. 4, 2008. TOBI COHEN/THE CANADIAN PRESS

# Military accused of intimidating witness

**Defence committee.** Soldier wounded during Taliban ambush allegedly told to tone down his testimony

Opposition Liberals tried again on Wednesday to hold military officers to account for allegedly attempting to intimidate an injured Canadian soldier into toning down his testimony before a parliamentary committee.

Cpl. Glen Kirkland, who was severely wounded in Afghanistan five years ago during a Taliban ambush, said last week that he was told to "not speak about certain things" when he testified before the House of Commons

defence committee.

In an interview with CTV News, Kirkland claimed that he was even threatened with a dishonourable discharge.

Liberal defence critic John McKay said that's tantamount to trying to intimidate a witness, and he put forward a motion calling on the committee to inform the Commons.

An attempt to "shape" testimony before Parliament is "as serious as lying to a committee," McKay said.

Kirkland, 29, said he suffers from survivor's guilt and severe post-traumatic stress.

The military recently presented him with a discharge plan that would have seen him out of uniform well ahead of the 10-year service mark he wanted to achieve for a full pension. **THE CANADIAN PRESS**

## Not the first time

This is not the first time the military has tried to intimidate serving members when it came to speaking out about problems with the care they receive.

- When former veterans ombudsman Pat Stogran

held his farewell news conference in September 2010, complaining about bureaucracy and red tape, two soldiers at the event said they had been ordered by the brass not to speak publicly.

## Environment

### Prominent U.S. Keystone critic to visit oilsands

One of the most prominent and recognizable critics in the U.S. of the proposed Keystone XL pipeline is coming to Alberta to have a look at the oilsands for himself.

Environmental lawyer Robert F. Kennedy Jr. says he doesn't expect the visit



Robert Kennedy Jr.

to change his opinion. "It's hard for me to imagine that I would see a benefit that would make me change my mind on the tar sands," he said.

Kennedy said he's coming at the invitation of environmentalists and First Nations. **THE CANADIAN PRESS**

## Facing charges

### Canadians caught smuggling \$59K in their bras

U.S. border agents say they have caught a Canadian woman and her teenage daughter trying to cross the border with \$59,000 hidden in their bras. The woman is charged with cash smuggling and lying to a federal agent. **THE ASSOCIATED PRESS**

## Indecent robbery

### Robber exposes himself before demanding cash

Police in Belleville, Ont., are looking for a suspect in an unusual robbery in a bank lobby. Police say a woman was using an ATM on Wednesday when a man exposed himself and demanded she withdraw money. **THE CANADIAN PRESS**



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## Israel

## Netanyahu to Iran: 'We will never allow another Holocaust'

Israeli Prime Minister Benjamin Netanyahu began his two-day visit to Poland, which Nazis occupied during the Second World War and where they committed the worst crimes ever against the Jewish people, with a stern warning about a potential Holocaust from Iran.

Netanyahu said Wednesday the upcoming "so-called" Iranian presidential election will "change nothing" in the Islamic republic's quest for nuclear weapons and that the regime will continue to pursue a bomb aimed at destroying Israel. Iran insists its uranium enrichment program has only peaceful goals.

Iran's election overseers have approved a list of would-be hopefuls, most of them



Israeli Prime Minister Benjamin Netanyahu speaks during a press conference in Warsaw, Poland, Wednesday. THE ASSOCIATED PRESS

loyalists favoured by both the theocracy and the military, and any future president will likely side with the supreme leadership's nuclear aspirations.

"This is a regime that is building nuclear weapons with the expressed purpose to annihilate Israel's six million Jews," Netanyahu said, alluding to the number of Jews killed by the Nazis during the Second World War.

"We will not allow this to happen. We will never allow another Holocaust."

THE ASSOCIATED PRESS

## Cleveland. Castro pleads not guilty as defence aims to avoid death penalty

A man accused of holding three women captive in his Cleveland home for about a decade pleaded not guilty Wednesday to hundreds of rape and kidnapping charges, and the defence hinted at avoiding a trial with a plea deal if the death penalty were ruled out.

The death penalty is in play because among the accusations facing Ariel Castro, 52, is that he forced a miscarriage by one of the women, which is considered a killing under Ohio law. That charge doesn't include a possible death penalty, but a prosecutor has said that's under review.

The women disappeared separately between 2002 and 2004, when they were 14, 16 and 20 years old. Each said

they had accepted a ride from Castro, who remained friends with the family of one girl and attended vigils over the years marking her disappearance.

Castro, dressed Wednesday in an orange jail outfit with his hands and ankles shackled and a full dark beard grown in jail, kept his chin tucked on his chest through a brief court appearance. He didn't speak or glance at his two attorneys standing by his side.

Attorney Craig Weintraub acknowledged afterward that "certain charges in the indictment cannot be disputed" and said the defence was working to avoid an "unnecessary trial" with a possible death penalty sentence.

THE ASSOCIATED PRESS



Ariel Castro enters the courtroom for his arraignment Wednesday in Cleveland. Castro, accused of holding three women captive for about a decade, pleaded not guilty Wednesday to hundreds of charges, including rape and kidnapping.

TONY DEJAK/THE ASSOCIATED PRESS



A website supporting Edward Snowden, the former CIA employee who leaked top-secret documents about sweeping U.S. surveillance programs, is displayed on a computer screen in Hong Kong Thursday. Snowden dropped out of sight after checking out of a Hong Kong hotel on Monday. The South China Morning Post newspaper said it was able to locate and interview him on Wednesday. It provided brief excerpts from the interview on its website. KIN CHEUNG/THE ASSOCIATED PRESS

# Snowden: 'I'm not here to hide'

## U.S. surveillance leak.

Former CIA employee says in an interview he hopes to use Hong Kong as a base to 'reveal criminality'

### Quoted

"(I) would rather stay and fight the United States government in the courts, because I have faith in Hong Kong's rule of law."

Former CIA employee Edward Snowden, who said in an interview Wednesday that he has had several opportunities to flee Hong Kong.

wrongdoing.

Edward Snowden dropped out of sight after checking out of a Hong Kong hotel on Monday. The South China Morning Post newspaper said it was able to locate and interview him on Wednesday, providing brief excerpts on its website.

It said Snowden, who has been both praised and condemned for releasing documents about U.S. telephone and Internet surveillance programs, said he was "neither a traitor nor hero. I'm an American."

Asked about his choice of Hong Kong to leak the infor-

mation, Snowden said, "People who think I made a mistake in picking Hong Kong as a location misunderstand my intentions. I am not here to hide from justice; I am here to reveal criminality."

The newspaper quoted him as saying that he had several opportunities to flee from Hong Kong, but that he "would rather stay and fight the United States government in the courts, because I have faith in Hong Kong's rule of law."

Snowden said he plans to stay in the city until he is "asked to leave," the newspaper said.

THE ASSOCIATED PRESS

## CIA's deputy director retires

CIA Deputy Director Michael Morell, who managed the resignation of CIA chief David Petraeus over an extramarital affair and defended the agency's performance over the attack on a U.S. diplomatic post in Benghazi, Libya, retired Wednesday.

Morell retired after 33 years at the CIA, including

two stints as acting director and one as deputy director. He was passed over for the top CIA spot by President Barack Obama in favour of the president's counterterrorism adviser, John Brennan, who announced Morrell's departure.

"I was most looking forward to ... the opportunity to work side-by-side once

again with Michael Morell," said Brennan, noting that they had begun their careers at the CIA in 1980. "As much as I would selfishly like to keep Michael right where he is for as long as possible, he has decided to retire to spend more time with his family and to pursue other professional opportunities."

THE ASSOCIATED PRESS



Michael Morell  
THE ASSOCIATED PRESS FILE



# Harper keeps busy in Europe

**Free trade.** Prime Minister Stephen Harper won't put an 'artificial deadline' on European trade talks; meets U.K. PM today

Prime Minister Stephen Harper says arbitrary timelines

won't determine when Canada inks a free trade pact with the European Union.

Harper told journalists Wednesday in London that his government will only agree to a deal when it meets Canada's best interests.

"Obviously, these have been long discussions. They're continuing. We have been making a lot of progress, and they are the biggest trade ne-

gotiations Canada has ever had," the PM said.

"Obviously this will be a big discussion this week — but ... that said, we are not going to set a timeline or a fixed date on which we're going to have an agreement."

Canada is under pressure to conclude a deal before the European Union turns its attention to free trade negotiations with the United

**Content driven**

"We will not arrive at an accord until such time as we think we have the best accord we can get for the Canadian people." Stephen Harper

States this summer.  
THE CANADIAN PRESS



**1 G8 summit.** PM on whirlwind trip around Europe

Stephen Harper is in London until Thursday, when he leaves for Paris followed by Dublin before joining other G8 leaders in Northern Ireland for their annual summit. On Wednesday, he met the Queen. **THE ASSOCIATED PRESS**

**2 Brussels talks.** Easy time on wine and spirit rules: Sources

Sources close to the Canada-EU trade talks in Brussels say the two sides have had a relatively easy time settling on rules governing wines and spirits, but European vintners likely still view wine producers in Ontario and B.C. as receiving preferential treatment. **TORSTAR NEWS SERVICE**

**3 G8.** New disclosure rules for oil, gas & mining firms

Canada is adopting a G8 initiative that would require companies to disclose any payments they make to governments, the PM announced at a meeting with oil, gas and mining executives. **THE ASSOCIATED PRESS**

**4 Tense.** Demos on arms and G8  
Mask-wearing protesters hold a banner at the London offices of a defence firm in an anti-arms demo. Three dozen protesters were arrested in the city this week in demonstrations against the G8 summit.

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**BENTLEY**



# Voice controls more dangerous than talking on cell, study says

**Washington.** AAA finds dashboard systems that allow hands-free texting, emailing are not a safer alternative after all

Dashboard technology that lets drivers text and email with voice commands — marketed as a safer alternative — actually is more distracting than simply talking on a cellphone, a new AAA study found.

Automakers have been trying to excite new-car buyers, especially younger ones, with dashboard infotainment systems that let drivers use voice commands to do things like turning on windshield wipers, posting Facebook messages or ordering pizza. The pitch has been that hands-free devices

## Quoted

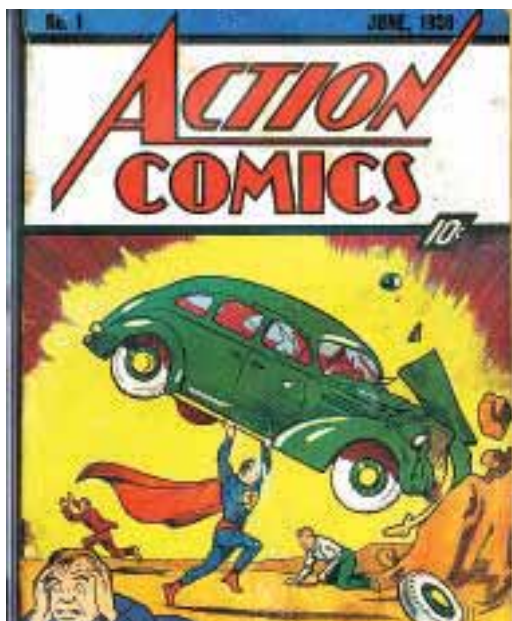
**"People aren't seeing what they need to see to drive. That's the scariest part to me."**

Peter Kissinger, president and CEO of the AAA Foundation for Traffic Safety, the group's safety research arm

are safer because they enable drivers to keep their hands on the wheel and their eyes on the road.

But talking on a hands-free phone isn't significantly safer for drivers than talking on a hand-held phone, and using hands-free devices that translate speech into text is the most distracting of all, researchers reported in a study released Wednesday.

THE ASSOCIATED PRESS



## Comic book with a super story sells for \$175K

A rare copy of the comic book featuring Superman's first appearance that went undiscovered for more than 70 years in the insulation of a Minnesota house has sold in an online auction for \$175,000 US. The high bidder for the copy of Action Comics No. 1 was a "hard core, golden age comic book collector," said Stephen Fishler, CEO of ComicConnect.com.

COMICCONNECT, CORP./METROPOLIS COLLECTIBLES, INC./THE ASSOCIATED PRESS

## Social media

### Facebook ushers in hashtags to help with search

Facebook is introducing hashtags, the number signs used on Twitter, Instagram and other services to identify topics being discussed and allow users to search for them.

Facebook said in a blog post that users will be able to click a hashtag to see a feed of discussions about a particular topic. For example, typing a number sign in front of "ladygaga" will turn the words into a link that users can click on to find posts about Lady Gaga. THE ASSOCIATED PRESS

## Grocery retailing

### Sobeys expands reach in West with Safeway deal

Supermarket chain Sobeys Inc. says its \$5.8-billion acquisition of Safeway's Canadian assets will give it a foothold in sought-after markets in Western Canada.

"After the acquisition, Sobeys will be a leading grocer in Western Canada and the largest grocer in Alberta, an attractive, high-growth market," president and chief executive Paul Sobey said. Included in the transaction are 199 in-store pharmacies and 62 gas stations on the Safeway properties. THE CANADIAN PRESS

## Market Minute



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## Bank of Canada. Goodbye bashes for Carney cost taxpayers \$30K

Saying goodbye to departing Bank of Canada governor Mark Carney last month cost Canadians about \$30,000.

Farewell bashes hosted by the Bank of Canada in Toronto, Montreal and Ottawa — and attended by the wealthy elite of Bay Street, among others — offered guests canapes, fine wine, floral arrangements and a harpist.

The heady round of farewells for Carney, who left his job May 31 for greener pas-

tures at the Bank of England, began with a reception in Toronto.

The posh May 2 event for 200 people was catered by Oliver and Bonacini for \$9,300, including almost \$500 for flowers. The evening at the Toronto Board of Trade ballroom drew key business people and investors, who heard a speech by Carney.

Another reception in Montreal drew a similar group of 150 guests at the University



Former Bank of Canada governor Mark Carney THE CANADIAN PRESS FILE

Club of Montreal, and cost \$4,438.74. THE CANADIAN PRESS



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# HERITAGE IN 2 CANADIAN MINUTES

O Canada! Let's fire up the burnt toast, cut holes in our peach baskets and gather in our house built of sod: The Heritage Minutes are back! Don't believe it? Well, the government has just put aside \$400,000 toward new Heritage Minute TV ads, according to The Canadian Press.

The money equates to two Heritage Minutes. This is big — like Upper Canada Rebellion of 1837 big.

When the news spread around my workplace, it was as though The Heritage Minutes was the name of our favourite band and they were getting back together. "Oh my God I love them!!!" was the near-universal reaction.

There was even a generation gap: People over 40 looked deeply unimpressed, before arguing that the only true Canadian PSA series is Hinterland Who's Who.

Squares.

For a more complete story of Hinterland Who's Who, they can contact the Canadian Wildlife Service in Ottawa. But if you're of a certain age, you know that Heritage Minutes are



**HE SAYS**  
**John Mazerolle**  
metronews.ca

where Canadian television exists in its purest form: Seventy-five mini-movies that are literally and figuratively all over the map.

Some are polished and professional; others look like YouTube high-school projects. "Film a 60-second short about Canadian history. Only one student may use Pierce Brosnan."

My personal favourite, because it was so poor, is about Marion Orr, first female pilot to land stock footage of an airplane onto a foggy soundstage.

It also contained a man being a slack-jawed moron at the sight of her, which was a running theme throughout the series. Between misunderstanding the meaning of Canada, mistaking Lake Michigan for the Pacific and laughing at female voters, teachers and doctors, the series could have been called, "White Guys Get It Wrong." Of course, this makes it a bang-on retelling of world history.

I'm thrilled the series is back, though I'm a bit distressed that there are only two planned. Surely we have it in us to produce another 75?

I have so many ideas.

For instance, to highlight our culture, imagine an extremely smug woman explaining to a stodgy American visitor that in Canada you can partake in such delicacies as Crispy Crunch, Coffee Crisp and Aero bars. "Chocolate filled with air bubbles. It's a Canadian idea." The American's head explodes.

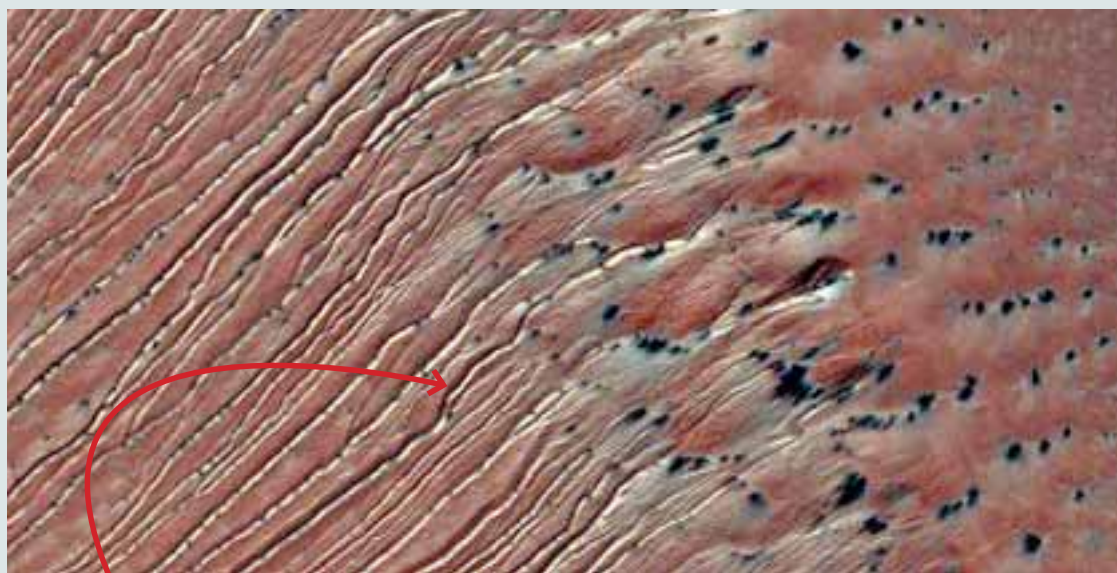
Or, in a special sequel to one of the most popular existing Heritage Minutes, we could see neurologist Wilder Penfield suddenly remember that he put bread in the toaster about five minutes ago. "Oh yeah, right," he says, before taking a bite.

Or think of this inspiring scene: To explain our politics, we see a crowd of the disenfranchised, gathered in Ottawa and chanting for their right to vote — louder and louder, braver and more sure of themselves, again and again. Then the camera pans to reveal ... Prime Minister Stephen Harper. "Sorry," he tells the assembled crowd. "Parliament is prorogued." He slams the door behind him.

If we don't film these important moments people will rightly be asking, "Dang it, why didn't we shoot them?" With a bevy of new Heritage Minutes, we'll have a whole new bedrock of Canadiana to leave for our children, just like we had growing up. Now the people will know we were here.

## ZOOM

## Yes, Martians go sand duning



NASA/JPL-CALTECH/UNIV. OF ARIZONA

### Dry ice chunks create unique trails

If Martians did extreme sports, you can imagine they would leave trails like these.

Mars' strange grooves, or "linear gullies," on its sand dunes may have been made by sleds of sliding frozen carbon dioxide.

NASA's discovery is the result of examining images from the Mars Reconnaissance Orbiter

spacecraft. These grooves, spotted more than a decade ago, varied in length from only a few hundred metres to 2.5 kilometres and once posed a long-standing mystery as to how they were formed. Serina Diniega, planetary scientist at NASA, and her team managed to deduce that they are caused in springtime as the thawing layer of dry ice surfs down the Martian slopes.

METRO

### Mars's climate

- **Wintertime.** Layers of solid CO<sub>2</sub> can reach thickness levels of two metres.
- **Springtime.** CO<sub>2</sub> sublimates (vaporizes without becoming a liquid) and chunks of the dry ice break off and surf down the slopes. The falling ice blocks are lubricated by the carbon dioxide dune, leaving the gullies behind.

### Quoted



"MRO is showing that Mars is a very active planet. Some of the processes we see on Earth, but this one is uniquely Martian."

Candice Hansen  
Co-author of the Mars report

### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

You are currently extremely bored. You 1) Turn your newspaper to the next page. 2) Fold your newspaper into a jaunty hat. 3) Read the space below and pull out your smartphone for a Twitter-based Choose Your Own Adventure.



ISTOCK

### You're Assigned A Dangerous Mission

Buzzfeed founder Jonah Peretti (@peretti) created the first fully fleshed out Twitter CYOA three years ago (correct me if I'm wrong) and I've taken a few runs through it since. Hint: Accept the mission. (bit.ly/Start-The-Adventure)

### @Urtwitventures

A very scary situation on a bus paves the way for paths that frequently end

with your high-concept death in this yarn from Weird Twitter stalwart @urfavoritejoel. (bit.ly/15XrM1Y).

### Choose Your Story

Not on Twitter? While that's a shame, that's no reason to be excluded from the fun. Choose Your Story is a community-curated website of CYOA tales, many with a classic role-playing game influence. (chooseyourstory.com)

### Comments

**RE: Forget Where's Waldo? Where's Senator Pamela Wallin? Is More Like It, published June 9**

It's despicable to see people being handed 'cushy' positions in Ottawa, only to hear they've taken further advantage of the position to milk the taxpayers for even more money. These recent examples are a SCREAMING call for reform. And not just the senate. **UH Toronto posted**

to metronews.ca

She was at the same time chair of the Senate Defence Committee and on the board of directors (paid) of an investment advisory company. Doesn't the government have any rules about conflict of interest???? **phil jacobs posted to metronews.ca**

What about the condo in New York City? Don't see that mentioned!

**Harry J. Smith posted to metronews.ca**

**WE WANT TO HEAR FROM YOU: Send us your comments: winniepegletters@metronews.ca**

## SCENE 2

## \$100 move up in the pecking Order

**Music.** Toronto's The Highest Order pick up where 'cosmic American music' godfather Gram Parsons left off on its debut album *If It's Real*



**BACKSTAGE  
PASS**

Jared Story  
winnipeg@metronews.ca

The cosmic Canadian band The Highest Order consists of guitarist Paul Mortimer, bassist Kyle Porter and vocalist Simone Schmidt, all members of alt-country band One Hundred Dollars. Rounding out the band is drummer Simone TB, who filled in on One Hundred Dollars' last tour in early 2012.

"After that tour One Hundred Dollars went on hiatus and I had the idea of making a live country and psych record of covers, just weird country music," Mortimer says, noting that *If It's Real* ended up containing nine original songs and only two covers.

Mortimer says his parent's musical tastes — semi-psychedelic bands like Fairport Convention and The Moody Blues — rubbed off on him, eventually.

In high school, Mortimer

**See the show**

The Highest Order play tonight at the Park Theatre. Winnipeg band Byrne Fiddler and Sister Clade dance company will open. Tickets are \$10 at the door and showtime kicks off at 8.30pm.



Toronto's psychedelic country rockers The Highest Order is an offshoot of alt-country band One Hundred Dollars. DAVID WALDMAN

mainly only listened to hard-core and punk. That was until he saw The Unintended at age 21, a Canadian supergroup consisting of The Sadies, Greg Keelor of Blue Rodeo and Rick White of Eric's Trip and Elevator.

"That was pretty big for me," Mortimer says. "I was a big Eric's Trip fan but after that I got way more into

Elevator. Rick White actually recorded the first One Hundred Dollars record and he was a big influence on Simone and me, getting us into 13th Floor Elevators and Hawkwind and all kinds of psychedelic stuff."

Mortimer says when it comes to the country side of the country rock equation, The Highest Order prefer the

classics over new country. Mortimer particularly favours the production of classic country, saying the guitar tones in new country sound less Buck Owens and more Blink 182.

Case in point, when it came to the two cover songs on *If It's Real*, The Highest Order opted to do Gram Parsons' *Luxury Liner* and

Waylon Jennings' version of Charlie Rich's *Lonely Weekends*.

"Waylon has a part where there's a super tremmed-out wah-wah guitar going," Mortimer says. "It was the first time I had heard wah-wah and tremolo that prevalent in a country tune and it was exactly the sound I was referencing on this record."

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# Put dad on read alert this Father's Day

If you don't have time to golf or fish with your old man, you could at least get him a book about those things. Look no further than this list of books. Whether he is a fly-fishing fan or wants to hunker down in a transatlantic adventure, here are our picks for pop.

ALISON BOWEN  
Metro World News in New York City

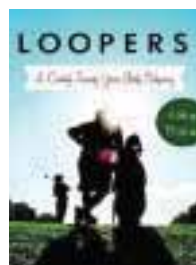


## Very different journeys across the pond

TransAtlantic, a new novel from National Book Award winner Colum McCann, weaves a story detailing three different crossings of the Atlantic in dynamic time periods, from an Irish famine to a modern-day presidential visit from Barack Obama. The novel moves through 150 years and two continents, starring historical figures including Obama and Frederick Douglas alongside characters like aviators attempting the first nonstop flight.

## For golf laughs and maybe a few tears

The new memoir "Loopers: A Caddy's Twenty Year Golf Odyssey" tracks decades of caddy adventures. John Dunn says this wasn't the long-term goal he envisioned, but he ended up appearing at golf courses across the country, hitchhiking to get to some of the fanciest greens in the nation. He tells tales of assisting everyone from regular golfers to movie stars — and making as much as \$500 a day in tips. But it's not all laughs. The book also touches on problems that plague caddies, like heavy drinking and gambling.



## Strengthen a father-daughter relationship

In The Entertainer: Movies, Magic and My Father's Twentieth Century, Margaret Talbot, a writer for the New Yorker, weaves old Hollywood stories and family legends together from the life of her father, actor Lyle Talbot. As well as following along on his adventures, the book also tracks changes in the entertainment industry.

# Indigo bestsellers

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## 1. INFERNO Dan Brown

In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centered on history's most enduring and mysterious literary masterpieces — *Dante's Inferno*.

Last Week: 1 / Weeks on List: 3



## 2. REVENGE WEARS PRADA Lauren Weisberger

Almost a decade has passed since Andy Sachs quit Runway Magazine working for Miranda Priestly. She never suspected that her efforts to build a bright new life would lead her back into the path of the devil herself.

Last Week: 2 / Weeks on List: 2

This Week

Last Week Weeks on List

- |  |    |    |
|--|----|----|
| ★ 3. SILVER STAR Jeannette Walls                   | -  | 1  |
| 4. KILL ROOM Jeffery Deaver                        | 4  | 2  |
| 5. DELICATE TRUTH John LeCarre                     | 5  | 6  |
| 6. ZERO HOUR Clive Cussler                         | 6  | 3  |
| 7. WEDDING NIGHT Sophie Kinsella                   | 7  | 8  |
| ★ 8. ONE HEART TO WIN Johanna Lindsay              | -  | 1  |
| 9. BEST KEPT SECRET Jeffrey Archer                 | 9  | 7  |
| 10. PARIS Edward Rutherford                        | 10 | 8  |
| 11. SWEET TOOTH Ian McEwan                         | 11 | 6  |
| 12. FLIGHT OF THE EAGLE Conrad Black               | 12 | 4  |
| 13. DEAD EVER AFTER Charlaine Harris               | 3  | 6  |
| 14. COOKED Michael Pollan                          | 8  | 8  |
| 15. TRANSATLANTIC Colum McCann                     | 15 | 2  |
| 16. WILD Cheryl Strayed                            | 16 | 11 |
| 17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris | 17 | 8  |
| ★ 18. RED SPARROW Jason Matthews                   | -  | 1  |
| 19. FULL COUNT Jeff Blair                          | 19 | 7  |
| 20. DOUBLE CROSS Ben Macintyre                     | 20 | 5  |

Combined Fiction and Non-Fiction Bestsellers for the week, ending June 17<sup>th</sup>

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# Portlandia is as sustainable as ever

**Two more seasons.**  
Comedy renewed for more eco-friendly, cage-free zaniness

In the last season of *Portlandia*, the mayor of this sustainability-obsessed city vanished in shame after he was singled out as Portland's "No. 1 electricity hog." Portland went into a blackout, cats barked, creepy music played, and a bizarre Australian who calls himself "Birdman" told guests at a bed and breakfast "there is no civilization."

Carrie and Fred — about the only characters in *Portlandia* with any grip on reality — tracked down the mayor at a compound in the wilderness where he was leading a band of savages, a la Colonel Kurtz in *Apocalypse Now*.

"Do you come as assassins?" asks the muddled mayor,

played by Kyle MacLachlan.

It's impossible for Fred and Carrie to get through to him, until they reveal that Seattle — Portland's archrival for hipness and progressivism — is about to take over their fair city.

"Under the cover of darkness, they might erect a Space Needle in Portland," says Carrie, rousing the mayor from his stupor and prompting him to return to his office to get the lights turned back on.

And so ended season three of *Portlandia*.

There is a line from the first season of *Portlandia* that quickly became the show's trademark: "Portland is a city where young people go to retire."

That's not the case for the creators and two stars of the show — Portlander Carrie Brownstein and Fred Armisen of *Saturday Night Live* fame. They are always looking for new ways to keep the show from getting stale.

Season three, which ended

this past March, was driven less by short sketches and more by narrative and character development.

The cable channel IFC said Wednesday it's picking up the show for two more seasons. They will premiere early next year and in 2015. Brownstein says the show will continue on the longer-narrative path, with more exploration of the dark side.

It's too early to say what's going to happen after 2015. But that might be the end of the road for *Portlandia*.

"I'd like to develop and write other shows, comedy of some sort," the 38-year-old Brownstein said in an interview at a Portland coffee shop. "Five seasons intuitively feels like the right amount of time for *Portlandia* to be around," she said. "I always think people overstay their welcome. It's better to leave people wanting more. But you never know."

THE ASSOCIATED PRESS



Fred Armisen, left, and Carrie Brownstein are the only two characters with any grip on reality in *Portlandia*. HANDOUT

An advertisement for "THE Ex" experience. It features a collage of images: a woman holding a chicken, a man with a dog, and a person on a hot air balloon. The text "redriverex.com" is at the top. A red starburst says "Advance Tickets Save You Money! Check Page 5". At the bottom, it says "Experience us again June 14 to 23, 2013".

A large advertisement for "THE Ex" event. It features the text "Download your 2013 Event Guide at redriverex.com June 14 to 23". There is a large red circle around the word "Download". At the bottom right is a circular logo for "THE Ex" with a sunburst and a cow.



# Round Here the Counting Crows still sound great

## August and Everything After 20-year milestone.

Lead singer Adam Duritz reflects on his time in the band and highlights why independence is crucial in today's music industry

NED  
EHRBAR

Metro World News in Hollywood

Fair warning: This will probably make you feel old. The Counting Crows' debut album, *August and Everything After*, was released 20 years ago. Crazy, right? The anniversary has also snuck up on Counting Crows frontman Adam Duritz, who says there are no plans to cash in on the milestone. Instead, the band is looking forward, embarking on a summer tour across the U.S. with fellow '90s stalwarts the Wallflowers. Duritz took some time out to talk to Metro about looking back on those 20 years.

### I can't believe it's been 20 years since *August and Everything After* came out.

For me it doesn't really seem like that either. I would probably not think about it being 20 years at all except that people keep saying it to me. I don't really look at it any differently than I do the other albums. It happened to sell a lot more, but that didn't have much to do with me. The job that we were going to do on the album was done long before anybody bought 10 million copies of it.

### What sticks out in your memory of making that album?

It was a difficult album to make. It's sort of where I took over the band, and because I was lame at being a band leader back then, that made it hard on the other guys — because I didn't take over the band in the best way, and that made life really hard on everyone while we were making that record. Since then we've done a lot of years on buses and a lot of tours and made a lot of records I really love.

### Any plans to celebrate the anniversary?

I'm waiting for something

more significant, some sort of trumpet fanfare to make me realize it's been 20 years since that record came out. That really hasn't happened, partially because we didn't do anything to mark it. We did a deluxe album years ago and we did the live album, which was just all of *August and Everything After* played live, a couple of years ago, so there isn't really anything left to do other than make another 20-year release to get people's money for it. But we're not going to do that. There isn't any good reason to.

### You guys were early adopters in using social media to connect with your fans.

I remember right when I moved to Los Angeles after we finished touring on *August and Everything After* — like 1995 — I realized at some point in there that AOL had forums for all these different bands, like message boards, and there were people on there on the Counting Crows board just talking about our music. So I went on it and told people who I was — it took a little while to convince people — and my thought was, here's a way to talk directly to your fan base. You don't have to go through radio, you don't have to go through print. I mean, all of those are useful, but it's kind of useful to be able to go yourself, too. I mean, it was social media in a way before there was social media. It never hurts to be able to go directly to people. It's necessary now, especially if you're going to be independent.

### You've been pretty independent for a while. Considering the landscape of the music industry, could you ever see yourself going back to a big label?

I want to work with people who simply have a good business model, and the record companies' business model is not particularly good. They still can only think about selling things through radio and making really expensive videos and that's about it. Those things are all great, but there's more to it than that. And also, they want to give you 10 per cent and take 90, which I'm sorry that just doesn't seem smart to me.



Adam Duritz says the band doesn't plan to profit from the album's 20-year anniversary. THE ASSOCIATED PRESS

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# She's got bite — and a funny bone

**True Blood.** Actress Kristin Bauer Straten talks about her strong female character and what she's doing this season (no spoilers)

ALEXANDRA  
CAVALLO

Metro World News in New York

When we last left HBO's *True Blood*, the war between the humans and the vampires had just reached a boiling point and the air was thick with the threat of impending violence. Well, more violence. A lot of blood is spilled in this show, but there's a lot of humour as well. More than most shows of its ilk (except, perhaps *Showtime's Dexter*) *True Blood* has managed to strike a fine balance between darkness and light. Pam — the bisexual, acid-tongued, bar-owning vampire, who stomps all over human and vamp underlings alike in spike-heeled boots — exacts violence and comedy in equally skilled measure. We checked in with Kristin Bauer Straten, who plays Pam, before the sixth season premieres on June 16.

**What can you tell me about what's going on with Pam this season, without revealing any spoilers?**

That's always the challenge, isn't it? We've been shooting such long hours all week that I've got to get caught up on the trailers so I know what they reveal. I think it's safe to say there is a human-vampire conflict that's escalated from what the Authority did last year. And that, of course, causes problems for Pam. So she's trying to figure out her relationship with her new baby/lover, you know, Rutina (Wesley, who plays Tara). And she's just reunited with her Maker; she wasn't sure if he was alive. And then, on top of it, the humans are fighting back.



True Blood season six premieres on Sunday. HANDOUT

**When the show first started, did you know that Pam was going to become such a big part of the show?**

I definitely did not. Yeah, that was a really lovely surprise because, when I auditioned, they said that it was a guest starring role, possibly recurring. And first season, once Alex (Skarsgård) and I started they kept calling us back. But season two, there wasn't as much Pam. So all of a sudden when season three came around and they started adding quite a bit

more Pam, that was a lovely surprise because I love the role and I also love the people I'm working with. We have so much fun. They're very, very fun people. The hours are long so it makes a huge difference.

**Pam is actually one of my favourite characters on the show, and she has really evolved: straight-up evil in the beginning, but now they're revealing a lot more layers. Do you think she's more good than bad?**

I don't know if it is a bad sign, or if I'm becoming sort of delusional, but I don't know if she's good or evil — but she's definitely... correct. I feel like what she says, we're all thinking. You know, she only kills bad people. I feel like she's a little bit of the person we all wish we could be, but we wouldn't be able to maintain jobs and friends (laughs). And Pam is lucky enough to have stepped out of, on purpose, all of those concerns. And, you know, to be top of the food chain, she doesn't have to worry about liking anybody or vice-versa, people liking her especially. I just think it's really refreshing.

**Speaking to that, I feel that there are more powerful female characters in the show than weak ones. Maybe more powerful female characters than powerful male characters. Do you think that's true?**

Yup, I agree with you. These writers, I think are very sensitive to writing strong female characters. And in my career, that's just been rare. I haven't personally gotten to play terribly strong characters before this. I really enjoyed the characters I played, but they were vulnerable, possibly not too bright. You know, using sexuality to try and get by. I think it's a combination of HBO, and Alan Ball, and our other producers that are sensitive to this. On that note, I think Pam and other female characters do use their sexuality as a tool, but it's in an empowered way.

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# Holy Veep! Louis-Dreyfus loves foul language

**What happens at the White House.** Actress says swearing pulls the curtain back from behind the scenes

It's not a requirement that you know how to swear, but

it doesn't hurt on the HBO hit series *Veep*.

Julia Louis-Dreyfus is wrapping up her second season in the lead role of U.S. Vice President Selina Meyer in the satirical comedy series.

Louis-Dreyfus was at the Banff World Media Festival to receive the inaugural Variety

TV Impact Award.

After a wildly successful run on *Seinfeld* and a five year run in *The New Adventures of Old Christine* she took on the *Veep* role after being hooked by hearing it was about an "unhappy vice-president."

The language and the colourful phrases are not for

family viewing but Louis-Dreyfus said it seems to work.

"It is fun to play. They're very creative in their swearing and there's some wonderful phrases that have come out of the last two seasons," she said Tuesday.

"What I think is really lovely about the swearing on our show is it helps under-

line and highlight behind the curtain and in front of the curtain," Louis-Dreyfus explained.

"I think one never thinks about these people we often admire behaving in such a way. I think it helps highlight the theme of the show."

THE CANADIAN PRESS



Julia Louis-Dreyfus. HANDOUT



## Bell rings in a change – and backs under-fire Bynes

Amanda Bynes has at least one person in her corner: Former *The Amanda Show* co-star Drake Bell is standing up for the troubled actress despite her recent arrest and frequent Twitter tirades. “I talk to her every day. She’s a sweetheart. I had lunch with her yesterday, and she’s brilliant. She’s good, and she’s healthy,” Bell tells *OK! Magazine*. “It hurts me and it upsets me” the way the media has been portraying Bynes, he explains. “Anytime I’ve ever been with Amanda, she’s totally coherent, totally there, totally everything,”



Amanda Bynes

he says. “I’m like, ‘Dude, you come off crazy.’ She’s like, ‘I know, but I don’t mean to. I just changed the way I look!’”



Penn Badgley

## Badgley and Kravitz split but ‘on good terms’

Gossip Girl star Penn Badgley and Zoe Kravitz have reportedly called it quits after nearly two years of dating, according to *Us Weekly*. “It is all good between them. It wasn’t

a sad breakup,” a source says. “It just wasn’t working. It really did end on good terms, though. They are at two different stages in their careers. They just didn’t have time for each other.”

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Kruger and Jackson to do marriage U-turn

After seven years of dating — and insisting that marriage isn’t that big of a deal to them — Diane Kruger and Joshua Jackson have reportedly changed their minds and are ready to tie the knot, according to *Us Weekly*. “Josh and Diane are very close to

getting engaged,” a source close to the couple says. “They decided they’re ready for the next step. They’re excited!” The source says Jackson is planning to propose this summer and the wedding will happen “imminently.” The Fringe star was singing a completely different tune a year ago, telling the magazine, “Marriage is important for the people it’s important for, but neither one of us is particularly religious, so I don’t think there’s any particular push.”



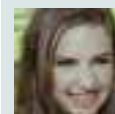
Twitter



@kerrywashington  
I just <3 NYC



@josswhedon  
Based on the amount of sleep I got, today’s interviews are going to be a hoot!



@lenadunham  
Fact: I only weigh myself on rusty scales in foreign countries. Otherwise, I go by how my bracelets are fitting.



Justin Bieber ALL IMAGES GETTY

## ‘Bad’ boy Bieber’s fans all heading in One Direction

At least one group is feeling good about Justin Bieber’s recent scandals and bouts with growing pains. “One Direction is benefiting greatly from Justin’s a-hole behaviour,” a source tells *Radar Online*. “All of the little girls that loved Bieber don’t love him anymore because ‘he’s bad’ and they are moving on to One Direction. The parents of

these young fans are resentful of Justin’s behaviour and don’t think he’s a wholesome influence on their children anymore. So they’re pushing for their kids to like One Direction instead.” And the changing attitudes toward Bieber aren’t lost on the British boy band. “Both them and their team is fully aware that they are gaining fans who used to love Bieber, and they know it’s the perfect time to capitalize on it and swoop in to replace him,” the source adds.

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The weather has warmed up and your dance card is full. Give your go-to black dress a breather and embrace colour, prints and texture instead.

**TINA CHADHA**  
Metro World News

## Tibi

Spectator strappy dress  
\$385,  
tibi.com



## Clover Canyon

Turquoise valley dress  
\$246,  
clovercanyon.com



## Reformation

Fiore dress  
\$288,  
thereformation.com



## Alice and Olivia

Gabby beaded lace dress  
\$597,  
aliceandolivia.com



# 8

**Frocks to flaunt  
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zara.com



## Suno

Cutout dress  
\$315,  
sunony.com



## Yoana Baraschi

Mediterranean art party dress  
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yoanabaraschi.com



## Ted Baker

Cristen dress  
\$425,  
tedbaker-london.com







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**FATHER'S DAY IS THIS SUNDAY.**  
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Series 7



metro

# FATHER'S DAY

Thursday, June 13, 2013



Father's Day coincides with the summer grilling, so think about a gift of a stainless steel barbecue set for dad. MONKEY BUSINESS IMAGES/VEER

## Specialized gifts for the special dad

**Interests.** From gadgets to sports and barbecue, find the perfect present this Father's Day

Buying something special for dad this Father's Day and want to forego the usual tie and cologne?

Consider some of these ideas — from the dad who feels at home in the kitchen to the dad who prefers to be one with nature, find the perfect gift that yours will love.

### The gadget guy

For the dad who loves tech toys, a satellite radio will provide hours of entertainment, for the car and to take on-the-go. The commute to work will be more enjoyable as he listens to his choice of sports, talk, comedy and com-

mercial-free music or catches up on the news. Enhance the backyard barbecue party by turning up the volume for E-Street Radio, Bruce Springsteen's 24/7 music channel or catch the latest updates on the game from ESPN without having to step away from the burgers and great weather.

### The sports fanatic

If pops is an avid baseball or soccer fan, give him the gift of a family sports day, with tickets to his team's next game for an outing you can all enjoy with him. Don't forget to treat him to some traditional stadium fare — hotdogs, popcorn and a refreshing beverage will make dad more than happy as he cheers on his favourite players.

### The chef

Father's Day coincides with

the summer grilling season. Consider a gift of a stainless steel barbecue set. Dad will appreciate the look and feel of the tools for making the perfect summertime backyard meal for friends and family.

### The outdoorsman

Is dad restless unless he gets outside, regardless of the time of year or season? Consider getting him into a new outdoor hobby to pass the time — a fishing rod, golf clubs, or even a pair of snowshoes might be just the ticket for a unique gift that will and impress.

Whatever you decide to gift dad with this year, don't forget that a hug and an appreciative thanks for being "the best dad ever" is more than enough in his eyes, and one you will be sure he will love.

NEWS CANADA



Consider introducing dad to a new hobby, like fishing. ANDY DEAN/VEER



# Make every day a Happy Father's Day



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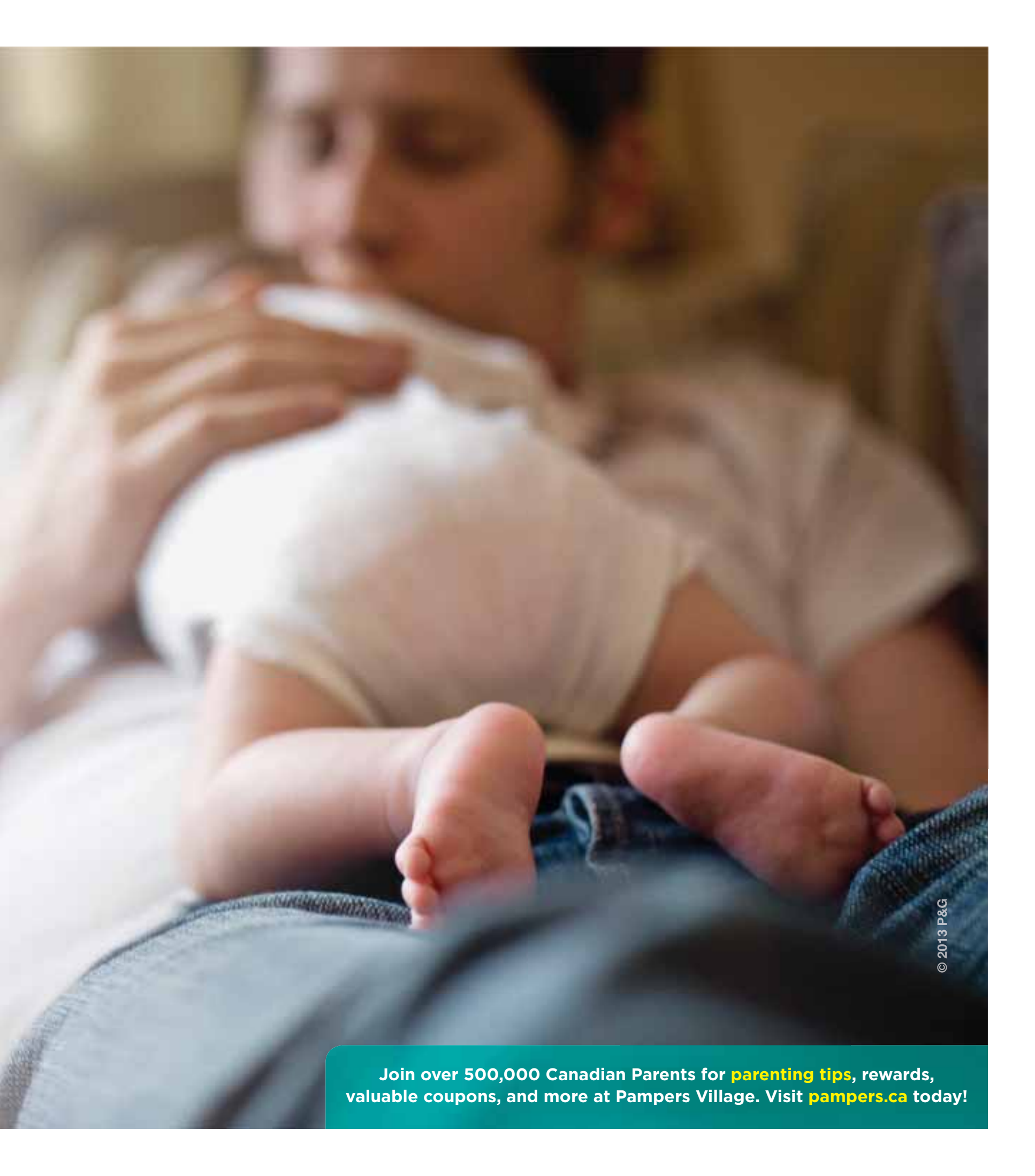
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†available in sizes N, 1 & 2





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# Toys for the techie

MIKE  
YAWNEY  
For Metro

Homemade cards and ties make cute gifts for dad, but if you really want to impress this Father's Day some high-tech gadgetry is in order. Here are a few of the best picks to put a smile on your dad's face.

## Braun CoolTec — \$149.99 and up

Say goodbye to razor burn. Featuring CoolTec, this is the only electric shaver that

chills your face as you shave to reduce irritation. This wet/dry shaver also features a long hair trimmer and can last 45 minutes on a single charge.

## FitBit Flex — \$99.99

Perfect for the active dad, FitBit Flex allows you to set a fitness goal then track your steps, distance, and calories burned. Wear it at night and it will not only track sleep patterns, but will gently wake you with a silent alarm. Don't expect it to help out with your dad's snoring.

## Logitech Harmony Ultimate Remote — \$349.99

Control up to 15 devices with one remote. This ultimate home theatre gadget com-



IR and Bluetooth. Compatible with more than 225,000 home theatre devices.

## HTC One — \$649.99 (without contract)

With its sleek aluminum body, The HTC One is a great choice for the stylish dad in your life. This Android device features an impressive 4.7-inch HD display along with dual front speakers to create a truly impressive sound experience. The phone can also double as

bins physical buttons with a customizable touch screen. The best part is it will communicate with your devices through closed cabinets and walls via



a remote for your home theatre.

## iMac — \$1,299 and up

The re-engineered Mac matches beauty with performance. Featuring ultra-fast processors and powerful graphics performance, this all-in-one is perfect for work and play. Splurge for the new Fusion Drive, which monitors the applications and files you use the most and prioritizes their boot time and access. The five-millimetre outer edge makes this computer the centre-piece of any home office.

## Libratone Zipp — \$399.95

Incredible sound from such a small device. The Libratone Zipp lets you stream music from any Apple device using AirPlay technology, even if there is no Wi-Fi available. Speakers last four

hours on a single charge and are wrapped in Italian wool, making them look as good as they sound.

## Kindle Fire HD — \$214 and up

Finally available in Canada, Amazon's Kindle Fire HD tablet brings games, web browsing, apps and more than one million eBooks with you wherever you go.

Clockwise, from top left, HTC One — \$649.99 (without contract), Braun CoolTec — \$149.99 and up, iMac — \$1,299 and up, Logitech Harmony Ultimate Remote — \$349.99, Kindle Fire HD — \$214 and up.



For you or your dad this Father's Day

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## Health. Share these messages with dad

Father's Day is reserved for celebrating the men in our lives. Whether it's grandpa, dad, an uncle, or a husband, families do what they can on this day each year to make each man feel special and appreciated.

While a new tie, a round of golf or a pair of game tickets may be well-received, the most generous gift one can give is information that will help him take stock of his health and well-being.

Here are five important messages to share with him this Father's Day — or any day of the year:

- **Eat well:** It's important to make healthy choices and consume a well-balanced diet consisting of whole grains, vegetables, fruit, milk and alternatives, protein and healthy fats each day to provide the body with the energy, vitamins and minerals it requires.

- **Be active:** According to the Canadian Physical Activity Guidelines, being active for at least 150 minutes per week can help reduce the

risks of heart disease, stroke, high blood pressure, Type 2 diabetes, osteoporosis, obesity, premature death and certain types of cancer. Exercise also promotes improved fitness, strength and mental health.

- **Laugh more:** Research shows laughter is a great medicine. Humour produces psychological and physiological effects on the body that are similar to the health benefits of aerobic exercise.

- **Get checked:** Though many men tend to avoid their doctor, an annual visit is highly recommended by health-care practitioners. It allows for necessary tests to screen for a variety of health issues and help to flag anything that could be cause for concern.

- **Address issues:** If his strength and muscle tone aren't the same as what they were last summer, or he isn't himself lately (irritable mood, lack of concentration, low energy, etc.), it's important to investigate.

NEWS CANADA



The most generous gift one can give a father is information that will help him take stock of his health and well-being. NEWS CANADA

## THE BEST FATHER'S DAY GIFTS ARE MOMENTS LIKE THESE

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## MAKE HEALTH LAST



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Richmond Hoodie: Part of the Canada Goose Branta Spring Collection, this piece weighs only half a pound and is available in several colours. Suggested price, \$525. canada-goose.com.



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# Homemade gifts offer the personal touch

Dad is certainly worth more than a piece of plastic. A study conducted by H&R Block indicates that people spend an average of \$90 on gifts for Father's Day and that gift cards are the most popular purchase.

However, many experts are noticing an increasing trend towards gifts with a more personal touch, and Father's Day is the perfect opportunity to do exactly that.

"Showing your love and appreciation for dad doesn't have to cost a fortune," said Shelli Gardner, CEO and Co-founder of crafting company Stampin' Up! "The gift with the greatest impact, the one that shows you truly want to make someone feel special, is the one you make yourself."

This year, why not celebrate Father's Day and recognize the special men who have made a difference in our lives by preparing a gift that reflects his personality. Gardner suggests the following Father's Day gift ideas that will inspire seasoned crafters and beginners alike:

- Handmade cards: A timeless



Father's Day is the perfect opportunity to give your dad a gift that has the personal touch. NEWS CANADA

classic, handmade cards are a great way to take the time to share a meaningful message with dad. The key to crafting

the perfect card is to keep it simple. It's as easy as folding a piece of neutrals collection cardstock and gluing comple-

mentary coloured cut-outs, which will add some depth to the card. Embellishments, such as buttons, will add a

nice finishing touch, and a warm message that comes from the heart will be the ultimate step in completing

this project. Enjoying the experience is key. No matter what the final result, this simple project will certainly put a smile on dad's face.

- Personalized goody box. Is dad the sweet or savoury type? Offering him his favourite treat is always rewarding — for both the person on the giving and on the receiving end. All that is required is a bag box, which can be filled with his favourite snack and decorated with a selection of stamps and paper accents. Wrapping the box with a nice ribbon ties everything together neatly.

- Decorated picture frame. Nothing immortalizes a special moment like a picture. Offering a decorated picture frame is a Father's Day gift that will last a lifetime. The first step of this project is to choose a picture that recalls a memorable day, outing or event. The second step will require decorating the back-drop of the frame with a combination of designer series paper and carefully including the chosen photo in the decorated area. NEWS CANADA

# Happy Fathers Day!



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204-415-0883  
DeanneCrothers.ca



**Dave Chomiak**

MLA for Kildonan  
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DaveChomiak.ca



**Sharon Blady**

MLA for Kirkfield Park  
204-832-2318  
SharonBlady.ca



**Erna Braun**

MLA for Rossmere  
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ErnaBraun.ca



**Dave Gaudreau**

MLA for St. Norbert  
204-261-1794  
DaveGaudreau.ca



**Kevin Chief**

MLA for Point Douglas  
204-421-9126  
KevinChief.ca



**Nancy Allan**

MLA for St. Vital  
204-237-8771  
NancyAllan.ca



**Jennifer Howard**

MLA for Fort Rouge  
204-946-0272  
JenniferHoward.ca



# Dad's domain. Create the ultimate man cave

The kids own the living room, mom owns the kitchen, the family pet might even claim the backyard, but where is dad's domain?

This Father's Day, give dad the perfect gift — the ultimate man cave. Turn the garage into a comfortable and useable space by transforming this often forgotten extension of the home, into the envy of the neighbourhood.

• Food: It all starts with food, regardless of the season. He will love a fridge that can stand up to intense heat and harsh Canadian cold. So whether it's golf or hockey season, dad is never more than a few steps away from helping himself to a beverage or snack.

• Entertaining: No doubt dad loves it when friends and neighbours pop by for a visit. The garage can become a comfortable hub for entertaining if organized well.

Make sure there is enough open floor space and seating for everyone to enjoy themselves. Now dad can host his friends for games or gatherings without monopolizing the family room.

• Toys: Whether we are talking tools, electronics or sporting equipment, the man cave is all about creating a space that dad will love, surrounded by his favourite toys.

• Kick back: The dust and grime on old cement flooring can make it difficult for anyone to enjoy themselves. Try something simple but with huge impact like custom tile flooring; sleek, clean and specifically for the garage.

With these few simple steps, you can create the ultimate man cave for Father's Day that will be enjoyed for many years to come.

NEWS CANADA



Give dad the perfect gift this Father's Day — the ultimate man cave. Left, the durable Darth Vader and Yoda Bottle Openers will play music from the Star Wars films every time dad uses them. Minimal Force required. \$14.95 at Hallmark Gold Crown stores. [hallmark.ca](http://hallmark.ca). MONKEY BUSINESS IMAGES/VEER

f [donsphoto1td](#) @donsphoto1td

## Don's Photo

Let's talk photography.

### Father's Day Gift Guide!

**For Dad, the Explorer**

Capture high-quality still images and HD videos in virtually any shooting environment thanks to its fast, super-bright, built-in Olympus iZuiko lens and its quick, super-sensitive CMOS sensor.

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# Dressed to the nines

Dad can enjoy the shade anytime with the Barbour Trilby Hat — a woven and blocked straw chapeau adorned with a tartan band. \$85 at Sporting Life. [sportinglife.ca](http://sportinglife.ca).



The dual time-zone Longines Conquest 24-hour GMT Watch features sapphire glass with anti-reflective coating; rhodium-plated hands; and a stainless-steel bracelet. Suggested price: \$1,600. For authorized retailers, visit [longines.com](http://longines.com).



O'Neill's Blakey Jack Collection button-down shirt brings classic back, combining a vintage slub weave with contrast stitching and faux wood buttons. \$70 at [oneilleshop.ca](http://oneilleshop.ca)

Sterling silver Scrabble cufflinks incorporating real, full-sized Scrabble tiles — perfect for the wordy-yet-stylish man. \$248 at Studio1098. [studio1098custom-jewellery.com](http://studio1098custom-jewellery.com)



New York Playboy Body Spray, a scent of the good life, featuring a fresh, woody fragrance with top notes of fusing aldehydes, limes, and vinyl accords. Suggested price: \$5.99. [coty.com](http://coty.com).



LUSH Dirty Range is a line of personal grooming products for dads who like to get their hands dirty. It includes hair gel, body wash, shampoo, and more. \$3.95 to \$28.95 at LUSH locations and [lush.com](http://lush.com).



Dark Amber blends the scent of fresh bergamot with warm amber—producing a cologne both spicy and tough. \$29.50 at Bath & Body Works and [bathandbodyworks.com](http://bathandbodyworks.com).



ECCO's Tour Hybrid Wingtip is a durable crossover shoe that lets dad transition to golf course from office without changing. From \$240 at ECCO locations, [ecco.canada.com](http://ecco.canada.com), and other retailers.

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# Three sisters, two cookbooks, one delicious chicken dish

Three sisters who came to Canada from Greece as children are celebrating their heritage through photos and recipes in a follow-up to their first award-winning cookbook.

"We didn't want to do the typical thing people would expect in a Greek cookbook, which was beautiful pictures of Greek islands," says Eleni Bakopoulos of the book *Three Sisters Back to the Beginning: Timeless Greek Recipes Made Simple*. "We really wanted to be about the Greek lifestyle that we knew it to be, how food is connected to family and relationships and friendships and it really brings us all together."

The second book incorporates recipes omitted from the first book due to space (both volumes are self-published).

They also included dishes from the Greek islands and the north.

Try out this recipe from the book.

## Ingredients

- 4 chicken breasts, boneless and skinless
- 30 ml (2 tbsp) olive oil
- 3 ml (3/4 tsp) salt
- 2 ml (1/2 tsp) dried oregano
- Fresh cracked pepper

## Dressing

- 75 ml (1/3 cup) olive oil
- 50 ml (1/4 cup) fresh squeezed lemon juice
- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) salt

## Grilled Lemon Chicken

1. Heat grill to 230 C (450 F).

2. Coat chicken on both sides with olive oil and season with salt, oregano and pepper.

3. Place chicken directly on grill and grill for 8 to 12 minutes or until chicken is firm to the touch and opaque all the way through. Ensure barbecue lid is closed as much as possible while cooking, and turn breasts

## Grilled Lemon Chicken



This recipe serves four. THE CANADIAN PRESS H/O

over only once.

4. Remove chicken from grill, cover with aluminum foil and set aside to rest for 5 minutes.

5. Meanwhile, in a small bowl, whisk dressing ingredients together.

6. Use a sharp knife to cut chicken into slices. Drizzle

dressing over chicken and serve immediately. **THE CANADIAN PRESS/ THREE SISTERS BACK TO THE BEGINNING: TIMELESS GREEK RECIPES MADE SIMPLE BY BETTY, ELENI AND SAMANTHA BAKOPOULOS (ADELFES PUBLISHING, 2013).**

## Cookbook of the Week

### The art of Mediterranean eats



In *Three Sisters Back to the Beginning* by Betty, Eleni and Samantha Bakopoulos, the sisters balance fast and easy family favourites such as Shrimp Saganaki with recipes that slow you down, and make you wait with anticipation like Homemade Yogurt and succulent Lamb Shanks.

Readers are also taken on a nostalgic journey that documents the magic of childhood and the connection between family, place, and identity.

*Three Sisters Back to the Beginning* is both a cookbook and an inspiring art book. **METRO**

# Greek Chicken Salad gets all fired up on the grill

1. Heat a grill to high.

2. In bowl, combine olive oil, lemon juice, garlic, oregano, 1/2 teaspoon salt and a generous amount of pepper. Whisk well. Transfer 2 tablespoons of dressing to a medium bowl. Add the chicken to the smaller bowl, toss well to coat, then set aside.

3. Place the bell peppers in the

larger bowl and toss to coat with the remaining dressing, then transfer the peppers to a plate. Roll the ears of corn in the dressing, then set them on the plate with the peppers.

4. Set peppers and corn on the grill. Lower the heat to medium and cook, turning often, until lightly seared and the peppers just start to turn tender, about

3 to 6 minutes. Return to the plate and set aside. Add the chicken to the grill and cook for 4 minutes per side. Transfer to the plate with the vegetables.

5. Add the lettuce to the large bowl and use your hands to toss it with the dressing, carefully coating each leaf with the vinaigrette. Divide the greens between 4 serving plates, then

top each with some of the peppers and chicken. Divide the red onion and mint between the plates.

6. Stand each ear of corn on its wide end then cut off the kernels by sawing a knife carefully down the sides. Divide the kernels between the salads, then top with feta cheese. Serve immediately.

THE ASSOCIATED PRESS

## Ingredients

- 1/4 cup olive oil
- Juice of 1 lemon
- 2 cloves garlic, minced
- 2 tbsp chopped fresh oregano
- Kosher salt and black pepper
- 1 1/3 lbs boneless, skinless chicken breasts, cut into thin strips
- 2 large red bell peppers, cored and cut into 1/2-inch strips
- 2 ears corn, husked
- 2 heads Boston lettuce, roughly chopped
- 1/2 small red onion, diced
- 2 tbsp finely chopped mint
- 1/2 cup crumbled feta cheese



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

## Appetizer. Halloumi



Halloumi is a tasty, salty and squeaky cheese made in Cyprus from sheep's and goat's milk. It's found in most supermarkets.

Because it can withstand high temperatures, it can be grilled or fried. The sisters behind *Three Sisters Back to the Beginning* say this appetizer is "deadly good" and lovely with the vinaigrette.

1. Heat a large skillet over high heat. Brush both sides of cheese with olive oil and place in hot skillet. Cook cheese on both sides until cheese is golden-brown, 1 to 2 minutes per side. Transfer grilled cheese to a serving platter.

2. Meanwhile, in a separate small bowl, whisk vinaigrette ingredients together. Drizzle

over cheese. Serve warm.

**THE CANADIAN PRESS/ THREE SISTERS BACK TO THE BEGINNING: TIMELESS GREEK RECIPES MADE SIMPLE BY BETTY, ELENI AND SAMANTHA BAKOPOULOS (ADELFES PUBLISHING, 2013).**

## Ingredients

- 4 halloumi cheese slices, 5 mm (1/4 inch) thick
- Olive oil, for greasing
- Vinaigrette**
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) fresh squeezed lemon juice
- 15 ml (1 tbsp) minced fresh mint
- 1 garlic clove, minced
- 1 fresh red chili pepper, seeded and minced
- 2 kalamata olives, sliced



# Father's Day gifts for dad's active lifestyle

This Father's Day, why not treat dad to gifts that pamper him? Here's a variety of great products priced from \$8 to \$3,100 that you can surprise him with this Sunday.



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home@metronews.ca

## Shaver

Get a close shave every day whether at home or travelling. Sensotouch Electric Shaver with Gyroflex 3D, \$249, philips.ca.



## Shower supplies

Slip this two-in-one cleaner into dad's travel kit. Paris For Men Shower/Hair Wash, \$11, bathandbodyworks.com.



## Retro bike

Old school exercise for dads of any age. Urbanista Luggano Gear Bike, \$888, opus-bike.com.



## Personal blender

For the busy dad on the go. Single Serve Blender, \$20, hamiltonbeach.ca.



## Fridge

Design dad's bar inside or out. Monogram Outdoor/Indoor Luxury Refrigerator, \$3,100, geappliances.ca.



## Coffee to go

Make French-style press coffee on the go. Coffee Travel Press, \$23, starbucks.ca.



## Flask

Sneak a sip in style with the Century Flask, \$990, tiffany.ca.



## Compass

Although they hate to admit it, dads sometimes get lost. Here's a classy old school way for him to get home. Tiffany 1837 Compass, \$360, tiffany.ca.



## BBQ condiments

Gather a group of gourmet flavours for dad's next BBQ party. David's Condiments, \$8 each, pusateris.com.



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Interior designer Trish Johnston recommends putting a new spin on cottage decor by mixing whimsical colours and patterns with more traditional grounding elements. THE CANADIAN PRESS/HANDOUT/HOMESENSE



A scented candle, pretty soaps and a guestbook or journal will make guests feel at home. THE CANADIAN PRESS/HANDOUT/HOMESENSE



Large woven baskets offer a spot to stash extra cushions and bring rich, natural texture into a room. An oversized tote does double duty as storage. THE CANADIAN PRESS/HANDOUT/HOMESENSE

# Five ways to create a welcoming space for your overnight visitors

**Home away from home.** Create a guest bedroom for anybody who might be staying over this summer

Outside of the holiday season, the summer is a prime period to welcome guests at home.

"Guest bedrooms are a good space to push the envelope a bit or have some fun, or be a little bit more outside

(the box) than you would be in your principal bedroom," said Trish Johnston, a Toronto-based interior designer and prop stylist.

Johnston teamed up with HomeSense on summer decor ideas blending both

traditional and contemporary touches aimed at helping enliven a guest bedroom during the warmer months. Whether it's a couch in the living room or a dedicated spare room for visitors, Johnston shared five ways to design a welcoming space for overnight guests.

heirlooms and keepsakes can team well with fresher additions into a guest space.

In her own take on guest-room style, Johnston channelled the great indoors — namely the cottage — for decor inspiration. She tapped into nautical style with navy blue and white hues, opting to accent fresh linens with colourfully patterned patchwork quilts and cushions.

good, but Johnston has another option for those seeking to light up their guest rooms in stylish fashion.

Lanterns offer an alternative to conventional electrical lighting, with some models featuring LED battery-operated candles that are portable and can double as a flashlight, Johnston said.

## 5. Multifunctional furniture

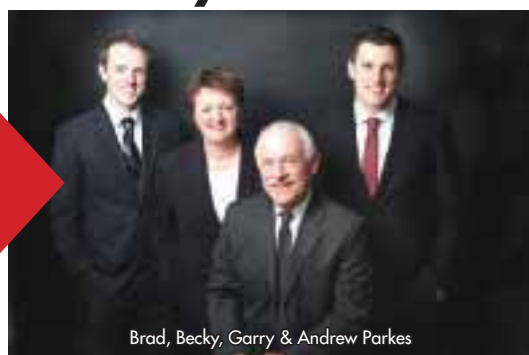
For those hosting guests in smaller surroundings where they may not have a dedicated room for visitors, Johnston said dual purpose furniture is essential.

Rather than opting for a pullout sofa, consider simply transitioning a daybed during the evening hours. "It's just as comfortable as a couch and then also serves a purpose as being a bed."

Baskets can be used to store extra bedding, towels or other essentials that a guest may need. "It keeps it tidy and it also adds to the texture of the room," Johnston said. The same approach can be applied to woven bags, which can be tucked away when not in use or double as a tote for the beach, she added.

THE CANADIAN PRESS

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## 1. Create a space for everyone

It could be the in-laws one weekend, a younger cousin or family friend the next. Regardless of who will be inhabiting the guest room, the space should be amenable to all — which means creating an inviting environment that steers clear of being too gender-specific.

"I would say keep a lighter hand and don't go over the top to make it too feminine or too masculine," said Johnston. "A guest room is really a transitional space that will have any number of people going through it. Just try to keep it more uniform."

## 2. In with the old — and the new

Whether it's a cosy quilt knitted by Grandma, stacks of your favourite reads or another cherished possession,

## 3. Lay out the welcome mat — with a tray

Hosts can bring a taste of the hotel experience to their guest room by drawing on similar elements that make visitors feel at home during short-term stays. Johnston said a welcoming tray is one way to put a personal stamp on the space and help put guests at ease as they're settling in.

Johnston recommended assembling a collection of soaps, hand towels, a scented candle and perhaps even a small assortment of flowers, as well as a local map to help visitors feel more connected and acquainted with the community they're visiting.

## 4. Illuminating alternatives

Desk lamps are all well and



# How to make your small kitchen sizzle

**DIY ideas.** If you're in an apartment or small space, your kitchen shouldn't have to suffer

There are many solutions for making a small space bigger, so follow some of the ideas below to create a kitchen that's comfortable, functional and beautiful.

**1** Focus on function! Scale back on appliances so your kitchen isn't full of large items that you never use. Consider what's really necessary for your space before automatically including anything that can take up valuable space.

**2** Invest in multi-purpose pieces. Storage benches or other items that perform more than one task are invaluable in a small space and can keep your small kitchen

organized and tidy.

**3** Open storage is a great way to create a spacious feeling. While cupboards close off the room, opening up those areas can not only create a fun way to display your kitchen items, but also make the room feel bigger.

**4** Mix it up! Pair different materials and shapes in your design, like rectangular cupboards with a curved kitchen island.

**5** Implement glass features — in doors or elsewhere — in order to expand the space and make it feel bigger than it actually is.

**6** Find a folding table. A kitchen table with a drop-down top or additional leaves can be a great addition to a small space that will accommodate more people when needed.

**7** Put thought into lighting. Pairing both fluorescent and pendant lighting can create depth and colour

in a kitchen that wouldn't have it with a standard light fixture.

**8** Don't underestimate flooring! In a small space, you can add details to the floor that will add size to the room and also create a fantastic first impression. Try going further with colourful tiles or designs.

**9** Inject colour. Strong colours fool the eye into making the space seem larger — so go for that bold red or bright yellow in your small kitchen.

**10** Look up! If you haven't made your floor the centre of attention, think about the ceiling. Paint it a different colour, add a unique light fixture or add texture — all of these things will draw the eye upward and create height in your small space.

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Your small kitchen can still be comfortable and functional. ISTOCK IMAGES



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Friday night, finally. The week was exhausting, but tonight, I'm in control. Should I go out or stay in? I could check out the new DJ spinning down the street. Or I could invite my sister over for sushi. Maybe the girls want to meet for drinks later. I'll start by pouring myself a glass of wine, send a couple texts and see what the night has in store.

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Bombers quarterback Buck Pierce gets taken down by the Argos' Bryan Payton during the first pre-season football game at Investors Group Field on Wednesday night. Winnipeg lost 24-6. JOHN WOODS/THE CANADIAN PRESS

## Long-term investment: Bombers fall to Argos

**CFL.** Doors on Investors Group Field open with a pre-season defeat

The cowbells rang and the horns blew as Investors Group Field was christened, but the Toronto Argonauts spoiled the party with a 24-6 exhibition win over the Blue Bombers Wednesday.

Last year's Grey Cup champions brought their backup quarterbacks and a cast of newcomers to town and still looked confident on the newest turf in

Pre-season opener

24

Argonauts

6

Bombers

the CFL.

The Bombers opened with starter Buck Pierce but pulled him midway through the first quarter, putting in Max Hall, one of the two newcomers in camp this season challenging for the backup spot.

Hall played the rest of the first half. Justin Goltz took over in the second, the only backup the Bombers retained from last season. The other newcomer, Chase Clement, saw action in the fourth quarter.

The Bombers scored first at their new home. Justin Palardy put them on the board with less than two minutes left in the first quarter with a 34-yard field goal.

But Toronto's Gerald Riggs had the first touchdown in the \$200-million stadium, a 20-yard run at 1:49 of the second to make it 7-3.

Toronto made it 14-3 before

the end of the first half after quarterback Zach Collaros hit Trent Guy with a five-yard touchdown pass.

Toronto kicker Anthony Alix extended it to 17-3 at the 4:27 mark of the third quarter.

Jameeze Massey brought the Bombers back to life late in the third with a 91-yard return on a missed Alix field-goal attempt.

Brett Cameron, son of Bomber punting legend Bob Cameron, turned it into three points by connecting with a 37-yard field goal, although Cameron is in camp to challenge at punter.

THE CANADIAN PRESS

NFL

### Goodell sticks up for Redskins name

NFL commissioner Roger Goodell says the Washington Redskins nickname is a "unifying force that stands for strength, courage, pride and respect."

Goodell was responding to a letter from 10 members of U.S. Congress who want the name changed because it is offensive to many Native Americans.

He cited the nickname's origins and polls that support its popularity. Goodell wrote that he understands the feelings surrounding it are complex and could change, but he also points out fan pride in the team's heritage.

The name is the subject of a legal challenge from a group seeking to have the team lose its trademark protection. THE ASSOCIATED PRESS

NHL

### Flyers hope to get Streit to their point

The Philadelphia Flyers acquired defenceman Mark Streit from the New York Islanders Wednesday for minor-league forward Shane Harper and a fourth-round pick in 2014.

Streit is scheduled to become an unrestricted free agent on July 5. The Flyers can negotiate a new deal with him exclusively until that time. THE ASSOCIATED PRESS



Mark Streit GETTY IMAGES FILE

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# Goldeyes high-five on Ramon's sac-fly

**Baseball.** Timely RBI gives Fish win over rivals from Wichita

SCOTT  
TAYLOR

winnipeg@metronews.ca

Last fall, during the American Association championship series between the Winnipeg Goldeyes and Wichita Wingnuts, Amos Ramon was the hero so often, he was named playoff MVP.

On Wednesday afternoon at Shaw Park, Ramon was a hero once again.

Ramon's sacrifice fly in the bottom of the ninth scored Nick Liles with the winning run as the Goldeyes came back from a 3-0 first-inning deficit and beat the Wingnuts 4-3.

With the win, the Goldeyes improved to 14-12, stole the rubber match of this three-game series with Wichita and won their first three-game set



Goldeyes infielder Nate Samson throws to first on Wednesday.  
SHANE GIBSON/METRO

since taking two-of-three from Laredo from May 27-29.

"It was a good win for us," Goldeyes leadoff hitter Tyler Graham said, during the post-game show on Safeway Goldeyes Baseball on Shaw TV. "We fell behind early, but we just

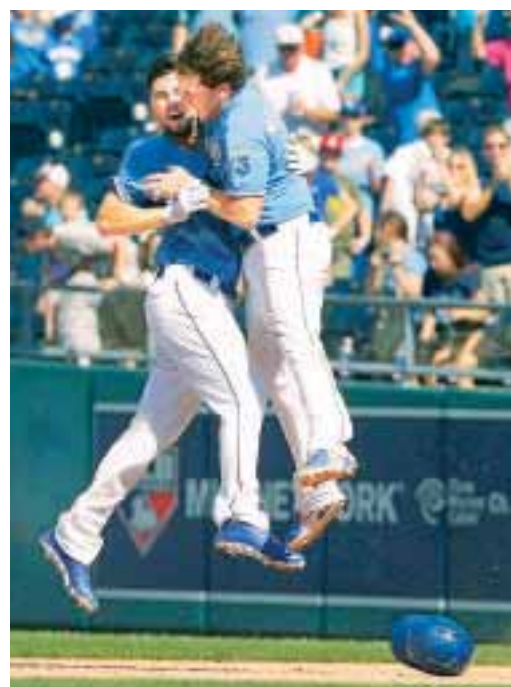
kept chipping away and our pitching staff did a great job. We just kept grinding away and that's how you come back and win games like this."

"Throughout the game, there was plenty of life on the bench," said hitting coach Tom Vaeth, who took over as manager after Rick Forney was ejected for arguing a close call at first in the top of the seventh. "We believed we could come back and win this one."

Meanwhile, Vaeth was pleased with Ramon's heroics and the bottom of his lineup.

"Anybody who knows me knows that the guys who are struggling and working hard, the guys at the bottom of the order, are my guys," he said proudly. "I feel for them more than anybody else when they're struggling and I cheer for them hardest when things are going well. Today, they were the catalysts in this game."

Up next, the Fish open a series with the Quebec Capitales on Friday night at Shaw Park.



## Royals banish Tigers in K.C.

Royals Eric Hosmer, left, celebrates with teammate Mike Moustakas after driving in the game-winning run with an RBI single in the 10th inning to beat the Tigers 3-2 in Kansas City on Wednesday. Tigers closer Jose Valverde gave up a game-tying, two-run shot to Lorenzo Cain with two outs in the ninth to sent the game to extra innings. ORLIN WAGNER/THE ASSOCIATED PRESS

### Coyotes ugly

## Phoenix struggles still hang over NHL

NHL deputy commissioner Bill Daly says it's possible the Phoenix Coyotes could relocate if a new ownership group can't reach a deal to keep the team in Glendale, Ariz.

The Coyotes' unstable situation appears to be the biggest issue facing the league, and commissioner Gary Bettman said "time is getting short" finding a solution to keep the team in Arizona.

"It's been a complicated process," Bettman said Wednesday before Game 1 of the Stanley Cup final. "We, in our minds, understand that we're dealing with a time frame, but a specific day isn't going to do it. But time is getting short and this is really going to be a decision that the city of Glendale is going to have to make."

Daly said the 2013-14 schedule will be released a bit later than usual in part because of the uncertainty surrounding the Coyotes.

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## Horoscopes

### Aries

March 21 - April 20

If there is something you want to tell the world, you will get your chance over the next few days. Whether it's worth hearing remains to be seen but you will certainly make your point — maybe quite loudly!

### Taurus

April 21 - May 21

You are about to benefit from a remarkable stroke of luck but you will kick yourself if you don't take full advantage of it. Partners and loved ones may kick you too.

### Gemini

May 22 - June 21

You may have energy to spare today but that does not mean you can waste it. The Sun, Mars and Jupiter in your sign make all things possible, but there is one thing only you should be focusing on now.

### Cancer

June 22 - July 23

You seem to be a bit more adventurous than usual, and that's good. You certainly won't worry what the neighbours might think about what you are up to. In fact, you will quite enjoy shocking them.

### Leo

July 24 - Aug. 23

No matter how much time and energy you put into something, if your heart is not in it you won't do a good job. The message of the stars is to love what you are doing.

### Virgo

Aug. 24 - Sept. 23

The only reason you are under pressure is because you have too many things on the go. And the only reason you have too many things on the go is because you can't say "no".

### Libra

Sept. 24 - Oct. 23

You have a busy schedule, so if you get the chance to take a break over the next 24 hours you would be wise not to waste it. You may not get another opportunity for quite some time.

### Scorpio

Oct. 24 - Nov. 22

One course of action is right and one course of action is wrong. Not that it matters a whole lot to you. It seems you have already decided what it is you are going to do.

### Sagittarius

Nov. 23 - Dec. 21

It is important that you give loved ones space to be themselves today, because if you restrict their freedom they may rebel. Do you fear losing them? That's more likely to happen if you cling too tightly.

### Capricorn

Dec. 22 - Jan. 20

Promise yourself that no matter how irritating certain people may be, you won't let them get under your skin. The only weapons they have to use against you are words and words only hurt if you let them.

### Aquarius

Jan. 21 - Feb. 19

What happens today may or may not be important but how you react to it most certainly is. The best reaction is to steer a middle course. Try not to be either too happy or too sad.

### Pisces

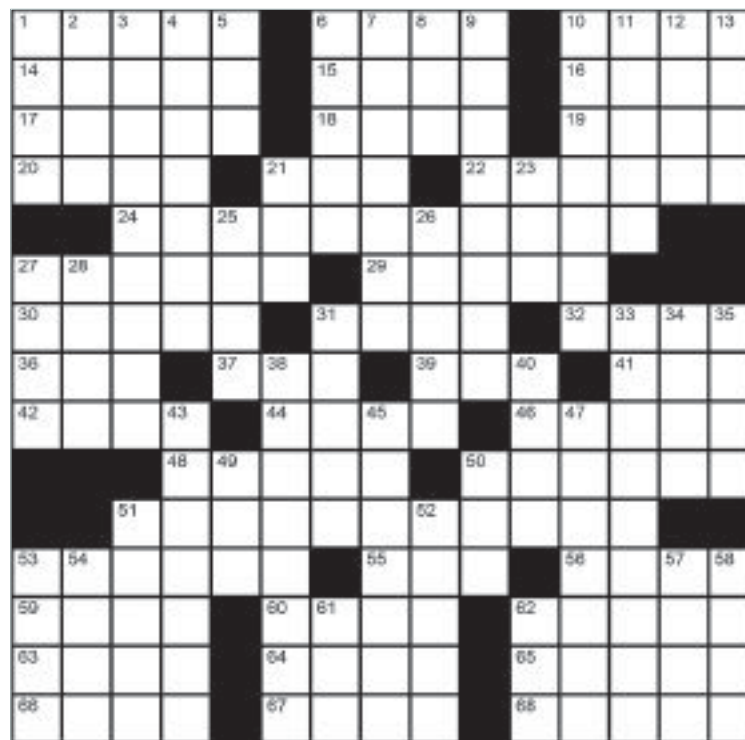
Feb. 20 - March 20

Something will occur today that makes you look at life in a slightly different way. Once you get past certain ideas that have been holding you back, you will discover a new world of possibilities. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. The \_\_\_ (Meeting place in downtown Winnipeg)
6. Rhyming scheme
10. Tie
14. Take out \_\_\_ (Borrow money)
15. City haze
16. Simply the best
17. \_\_\_ rest (Bring things to a close)
18. Mansion must-have
19. Survey choice, \_\_\_ of the above
20. Tree log bump
21. Five-and-five's total
22. USA part
24. Motto on Saskatchewan licence plates: Land of \_\_\_
27. "This Is \_\_\_ Tap" (1984)
29. Little
30. Toronto's Loma, and others
31. Hollywood Walk of Fame symbol
32. Detect
36. Perform
37. Long list ender
39. Caribbean music
41. Flub
42. President Truman's First Lady
44. Apiece
46. Bottle-living wishes granter
48. Heavenly food
50. Starts
51. Located in BC, it's the highest peak of



- the Canadian Rockies: 2 wds.  
53. Rather frightening  
55. Photo \_\_\_ (PR events)  
56. Pre-1917 ruler  
59. Many: 2 wds.  
60. Closed  
62. Fuddy-duddy  
63. '90s-style rock

- concert pit  
64. River of England  
65. Had a bug  
66. Birthers of baby baa-ers  
67. Requisite  
68. Bridges

### Down

1. "Columbo" star

- Peter  
2. The Good Earth heroine  
3. Supporters of The Monarchy  
4. "Walking on Sunshine" by \_\_\_ and The Waves  
5. \_\_\_ Cone (Toy-made treat)

6. Colorado resort  
7. Amidst  
8. Casper's cry!  
9. Inuk singer/songwriter, Susan \_\_\_  
10. Actor, Jeff \_\_\_  
11. Beaver logo clothier  
12. Baie-Sainte-\_\_\_, NB  
13. From-the-garden

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

- pluck-ee  
21. Blue Rodeo's "\_\_\_ I Am Myself Again"  
23. Zero  
25. Bouquet holder  
26. Successful song  
27. Strikebreaker  
28. Step  
31. Barely anything  
33. Ontario's Bruce \_\_\_  
34. Wholly \_\_\_ part  
35. Three: Spanish  
38. English poet: Alfred, Lord \_\_\_ (b.1809 - d.1892)  
40. Middle \_\_\_ (Pre-Renaissance period)  
43. Gets wrinkles out  
45. Make merry  
47. Vain person's vacation?  
49. Diving bird  
50. Blues guitarist Mr. King's  
51. Canada-associated creature  
52. Chose  
53. Equivalent  
54. Farming implement  
57. Seaport of Yemen  
58. Some Smarties  
61. Tint  
62. The \_\_\_, Manitoba \_\_\_

## Yesterday's Crossword

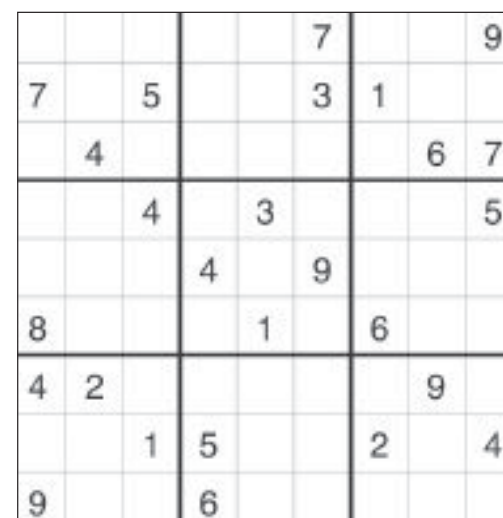


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: 25°  
MIN: 14°

### FRIDAY



MAX: 23°  
MIN: 15°

### SATURDAY



MAX: 23°  
MIN: 16°



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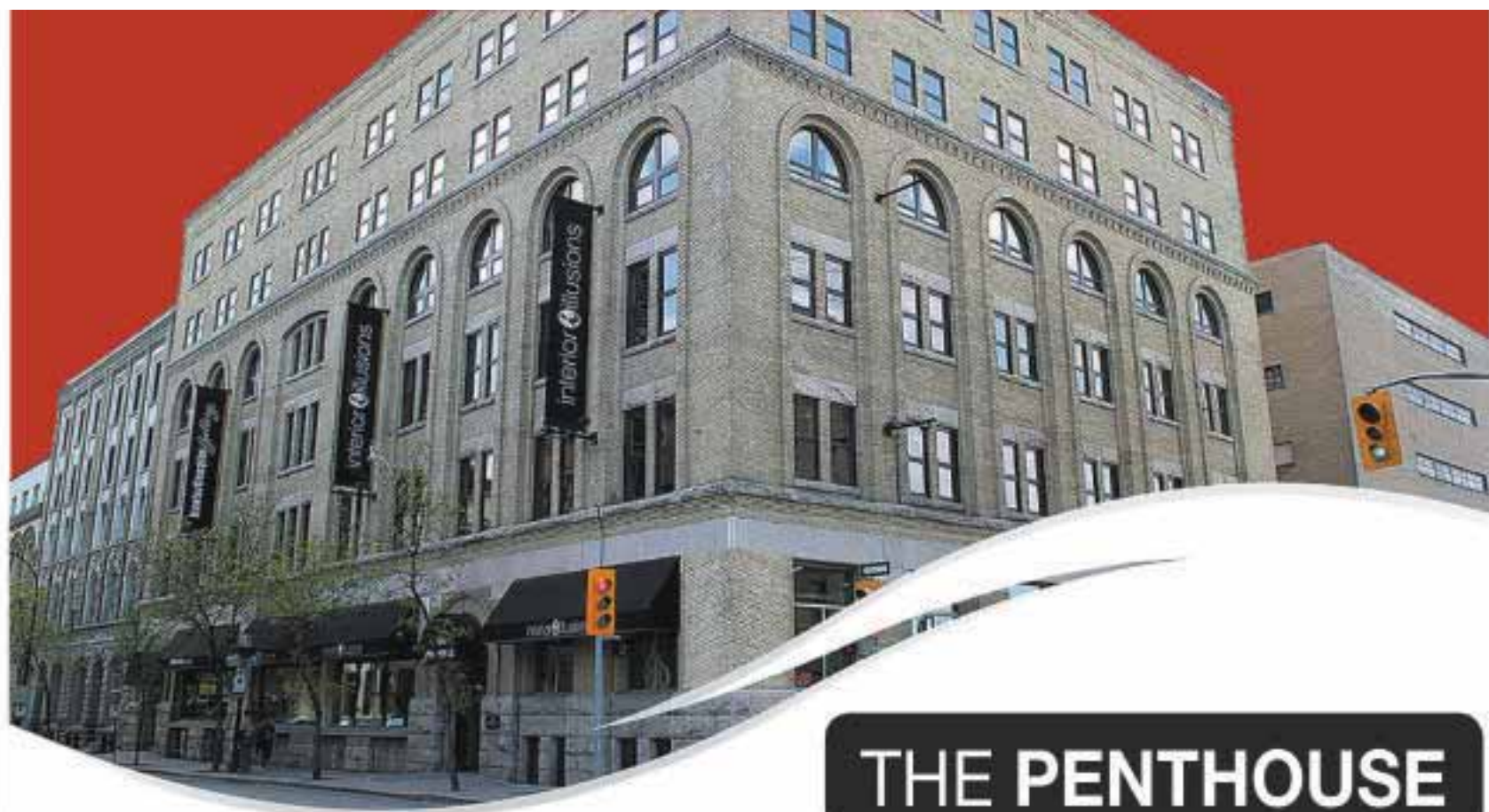
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